

## Tomato Spoon Salad300

Number of Servings: 300 (101.04 g per serving)

| Amount | Measure | Ingredient                                      |
|--------|---------|---|
| 4 3/4  | gal     | Tomatoes, red, cnd, whole, not drained          |
| 24.00  | ea      | Peppers, bell, green, sweet, fresh, med, 2 1/2" |
| 6.00   | qt      | Celery, fresh, diced                            |
| 12.00  | ea      | Onion, med, fresh FDA                           |
| 1 1/2  | cup     | Spice, celery seeds                             |
| 3.00   | qt      | Vinegar, white, distilled                       |
| 3.00   | qt      | Sugar   |

### Nutrients per serving

| Nutrition Facts  |                     |         |         |
|--|---------------------|---------|---------|
| Serving Size (101g)  |                     |         |         |
| Servings Per Container   |                     |         |         |
| Amount Per Serving   |                     |         |         |
| Calories 40  | Calories from Fat 0 |         |         |
| % Daily Value*   |                     |         |         |
| Total Fat 0g   | 0%                  |         |         |
| Saturated Fat 0g   | 0%                  |         |         |
| Trans Fat 0g   |                     |         |         |
| Cholesterol 0mg  | 0%                  |         |         |
| Sodium 85mg  | 4%                  |         |         |
| Total Carbohydrate 10g   | 3%                  |         |         |
| Dietary Fiber 1g   | 4%                  |         |         |
| Sugars 8g  |                     |         |         |
| Protein 1g   |                     |         |         |
| Vitamin A 2%   | Vitamin C 25%       |         |         |
| Calcium 4%   | Iron 4%             |         |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                     |         |         |
|  | Calories            | 2,000   | 2,500   |
| Total Fat  | Less Than           | 65g     | 80g     |
| Saturated Fat  | Less Than           | 20g     | 25g     |
| Cholesterol  | Less Than           | 300mg   | 300 mg  |
| Sodium   | Less Than           | 2,400mg | 2,400mg |
| Total Carbohydrate   |                     | 300g    | 375g    |
| Dietary Fiber  |                     | 25g     | 30g     |
| Calories per gram:   |                     |         |         |
| Fat 9 • Carbohydrate 4 • Protein 4   |                     |         |         |

### Notes

Mix all together. Refrigerate overnight. Serve at 40 degrees or colder in cold dish.  
Serve 1/2 cup with 4 oz spoodle or #8 scoop.